

## 24-Hour Nurse Information Line and HealthLine Audiotape Library

**Have health questions?**

**Easy access to health information  
is just a phone call away!**

Health concerns don't follow a 9-to-5 weekday schedule. Sometimes you need answers to your health questions right away — and that can be the middle of the night or while you're away on vacation. That's why the **24-Hour Nurse Information Line** is there for you and your family 24 hours a day, seven days a week.

Call toll free at **1-800-700-9184**. TTY users can call **1-800-368-4424**, and **Press 2** to speak to a registered nurse for assistance about a health situation or just to hear a reassuring voice. Isn't it nice to know you can get accurate, confidential answers to your health questions right away?

Is there a sensitive topic you'd like to know more about? That's no problem. If you prefer, you can call and listen to recorded messages about hundreds of health-related topics in English and Spanish by accessing the **HealthLine Audiotape Library**. See the next page for a full list of topics that are available 24 hours a day.

**A health plan with a Medicare contract.**

# HealthLine Audiotape Library

- To reach the HealthLine Audiotape Library, just call **1-800-700-9184**, TTY users can call **1-800-368-4424**, and **Press 3**.
- **Enter the 4-digit topic number** followed by the # sign.

## Abdominal Problems

1600 Appendicitis  
1451 Constipation  
1618 Crohn's Disease  
1260 Dehydration  
1452 Diarrhea  
1605 Diverticulosis and  
Diverticulitis  
1402 Food Poisoning  
1608 Gallbladder Disease  
2154 Gallbladder Surgery  
1612 Gastroesophageal Reflux  
Disease  
1610 Heartburn  
1952 Hepatitis  
1403 Hernia  
1603 Inflammatory Bowel  
Disease  
1611 Irritable Bowel Syndrome  
2576 Kidney Stones  
1462 Nausea and Vomiting  
1609 Rectal Problems  
1613 Ulcers  
2257 Urinary Incontinence  
1291 Urinary Tract Infections

## Allergies

1000 Allergies  
2770 Drug Allergies  
1002 Food Allergies  
1007 What About Allergy  
Shots?

## Back and Neck Pain

1450 Low Back Pain  
1463 Herniated Disk  
2174 Low Back Problems,  
Surgery for  
1457 Neck Pain

## Bone, Muscle and Joint Problems

1030 Arthritis  
1780 Bunions

2103 Bursitis and Tendon  
Injury  
1781 Calluses and Corns  
2104 Carpal Tunnel Syndrome  
1038 Fibromyalgia  
1039 Gout  
1784 Heel Spurs  
1031 Juvenile Rheumatoid  
Arthritis  
1033 Lupus  
2106 Muscle Cramps and Leg  
Pain  
2259 Osteoarthritis  
1032 Osteoporosis  
1034 Rheumatoid Arthritis  
2169 Rotator Cuff  
1456 Sports Injuries  
2105 Strains, Sprains,  
Fractures and  
Dislocations  
2151 Surgery for Carpal Tunnel  
Syndrome  
1461 TM Disorder

## Cancer

1105 Cancer Pain  
1110 Colon Polyps  
1113 Colorectal Cancer  
1120 Women's Cancer  
1124 Lung Cancer

## Chest, Respiratory and Circulatory Problems

1981 Asthma in Teens and  
Adults  
1908 Atrial Fibrillation  
(irregular heartbeats)  
1983 Bronchitis  
1915 Cardiac Rehabilitation  
1903 Causes of Heart Attack  
1900 Chest Pain  
1976 Chronic Obstructive  
Pulmonary Disease  
(COPD)

1400 Colds  
1907 Congestive Heart Failure  
1455 Fever  
1904 Heart Attack Prevention  
1401 Influenza (Flu)  
1648 Laryngitis  
1910 Mitral Valve Prolapse  
1911 Pacemakers  
1986 Pneumonia  
1406 Sinusitis  
1459 Sore Throat and  
Strep Throat  
1081 Stroke Rehabilitation  
1460 Swollen Lymph Nodes  
1912 Varicose Veins  
1407 Viral and Bacterial  
Infection

## Chronic Conditions

1060 ALS (Lou Gehrig's  
Disease)  
1061 Alzheimer's Disease  
1950 Chronic Fatigue  
Syndrome  
2570 Chronic Kidney Disease  
1063 Epilepsy  
1953 Hepatitis B  
1909 High Blood Pressure  
1832 High Cholesterol  
2623 Iron Deficiency Anemia  
1959 Living with HIV Infection  
1065 Multiple Sclerosis  
1066 Parkinson's Disease  
1512 Prediabetes  
2550 Hypothyroidism  
1508 Type 1 Diabetes  
1500 Type 2 Diabetes  
1501 Type 2 Diabetes:  
Living with Complications  
1502 Type 2 Diabetes:  
Living with the Disease  
1503 Type 2 Diabetes:  
Recently Diagnosed

## Ear, Nose and Throat

1516 Diabetic Retinopathy  
1453 Benign Paroxysmal  
Positional Vertigo  
1264 Ear Infections  
1640 Earwax  
1646 Hearing Loss  
1641 Inner Ear Infection  
(Labrynthitis)  
1644 Meniere's Disease  
1643 Swimmer's Ear  
1650 Tonsillitis

## Eye Problems

1700 Eye Problems  
2152 Cataract Surgery  
1709 Cataracts  
1710 Color Blindness  
1703 Contact Lenses  
1708 Eye Infections  
1705 Eye Injuries  
1717 Floaters and Flashes  
1712 Glaucoma  
1711 Macular Degeneration  
1716 Radial Keratotomy  
1713 Strabismus  
1707 Styes  
1702 Vision Tests

## First Aid and Emergencies

1750 Animal and Human Bites  
1761 Burns  
1255 Choking Rescue  
Procedure  
1762 Cuts  
2337 Frostbite  
1901 Heart Attack  
1759 Heat Exhaustion and  
Heat Stroke  
2256 Hypothermia  
2203 Importance of CPR  
Instructions

1751 Insect and Spider Bites and Stings  
1458 Nosebleeds  
1763 Poisoning  
1764 Puncture Wounds  
1766 Removing Splinters  
1752 Snake Bites  
1067 Stroke  
1754 Tick Bites

## Headaches and Nervous System Problems

1062 Bell's Palsy  
1515 Diabetic Neuropathy  
1068 Guillain-Barré Syndrome  
1064 Meningitis and Encephalitis  
1405 Migraine Headaches  
1404 Tension Headaches

## Home Health Medicines and Supplies

2000 Bulking Agents and Laxatives  
2007 Cold and Allergy Remedies  
2003 Cough Preparations  
2002 Decongestants  
1270 How to Take a Temperature  
2001 Pain Relievers  
1758 Self-Care Supplies

## Infant and Child Health

1250 ADHD  
1251 Bed-wetting  
2753 Bottle-feeding  
1254 Chickenpox  
1278 Childhood Rashes  
1256 Circumcision  
1257 Colic  
1258 Croup  
1261 Newborn Rashes and Skin Conditions  
1080 Dyslexia  
2436 Fetal Alcohol Syndrome  
1253 Fever, Age 3 and Younger  
1267 Fifth Disease  
1268 Growth and Development of the Newborn  
1269 Hand-Foot-Mouth Disease  
1837 Healthy Eating for Children

1272 Impetigo  
1274 Measles  
1275 Mumps  
1280 Pinworms  
1259 Reye's Syndrome  
1283 Roseola  
1284 Rubella (German Measles)  
1287 Sudden Infant Death Syndrome (SIDS)  
1288 Teething  
1247 Temper Tantrums  
1292 Thrush  
1289 Thumb-Sucking  
1290 Toilet Training  
1293 Urinary Tract Infections in Children

## Infectious Diseases

1408 Avian Influenza (Bird Flu)  
1951 Infectious Mononucleosis  
1956 Tuberculosis  
1965 West Nile Virus

## Living Healthy

1279 Immunizations  
1295 Early Disease Detection  
1830 Living a Balanced Lifestyle  
1831 Guidelines for Eating Well  
1833 Be Physically Active  
1834 Healthy Weight  
1835 Mind-Body Connection  
1838 Alcohol and Drug Problems  
1841 Be Tobacco-Free  
1846 Managing Stress  
1853 Healthy Snacks  
1964 Relaxation Skills  
2204 Accident and Injury Prevention  
2428 Treatment for Alcohol Use Problems  
2435 Teen Alcohol and Drug Abuse

## Medical Tests and Procedures

1506 Home Blood Sugar Monitoring  
1532 Exercise Electrocardiography

1533 Complete Blood Count (CBC)  
1534 Chest X-ray  
1535 Chorionic Villus Sampling  
1536 CT Scan of the Body  
1537 Electroencephalogram  
1538 Electrocardiogram  
1539 Electromyography (EMG)  
1540 Barium Enema  
1541 Upper Gastrointestinal (GI) Series  
1542 Magnetic Resonance Imaging  
1546 Lung Function Tests  
1547 Abdominal Ultrasound  
2155 Cystoscopy  
2156 Dilation and Curettage for Menopause  
2157 Episiotomy  
2158 Surgery for Hemorrhoids  
2159 Hernia Surgery  
2160 Hip Replacement Surgery  
2162 Knee Arthroscopy  
2163 Knee Replacement Surgery  
2164 Laparoscopy  
2165 Ear Tubes  
2171 Tonsillectomy and Adenoidectomy  
2503 Shared Decisions about Surgery

## Men's Health

1128 Prostate Cancer  
1545 Prostate-Specific Antigen Test (PSA Test)  
2031 Hair Loss  
2032 Erection Problems  
2034 Benign Prostatic Hyperplasia (Enlarged Prostate)  
2036 Testicular Problems  
2167 TURP for BPH  
2173 Vasectomy

## Mental Health Problems and Mind-Body Wellness

1069 Bipolar Disorder  
1070 Schizophrenia  
1071 Dementia  
1230 Domestic Violence  
1240 Child Maltreatment  
1845 Stress Management

2051 Obsessive-Compulsive Disorder  
2052 Eating Disorders  
2055 Panic Attacks and Panic Disorder  
2057 Depression  
2059 Grief  
2063 Social Anxiety Disorder  
2066 Suicide

## Partnership with Your Doctor

1201 Patients Bill of Rights  
1202 Caregiver Secrets  
1800 Skills for Making Wise Health Decisions  
1801 Work in Partnership with Your Doctor  
1802 Finding a Doctor Who Will Be a Partner



*[continued on back page]*



## Senior Health

- 1836 Physical Activity for Older Adults
- 2004 Medication Problems in Seniors
- 2006 Prevent Medication Errors
- 2240 Hospice Care
- 2245 Care at the End of Life
- 2251 Healthy Aging
- 2261 Ingrown Toenails

## Sexual Health

- 1848 Sexually Transmitted Diseases
- 1957 HIV Infection and AIDS
- 2307 Chlamydia
- 2308 Genital Herpes
- 2309 Genital Warts
- 2310 Gonorrhea
- 2311 Syphilis
- 2315 Trichomoniasis
- 2600 Birth Control

## Skin Problems

- 1129 Skin Cancer
- 1273 Lice
- 1296 Scabies
- 1755 Blisters
- 1785 Ingrown Toenails

- 2330 Acne
- 2332 Boils
- 2333 Cold Sores
- 2334 Dandruff
- 2336 Atopic Dermatitis
- 2338 Hives
- 2343 Rashes
- 2344 Psoriasis
- 2346 Fungal Infections
- 2349 Shingles
- 2352 Sunburn
- 2353 Warts

## Sleeping Disorders

- 2400 Sleep Problems
- 2403 Sleep Apnea
- 2406 Snoring

## Women's Health

- 1107 Breast Health
- 1111 Ovarian Cancer
- 1112 Polycystic Ovary Syndrome
- 1211 Multiple Pregnancy: Twins or More
- 1504 Gestational Diabetes
- 1531 Breast Biopsy
- 1544 Pelvic Exam and Pap Test
- 1548 Ultrasound for Normal Pregnancy

- 2033 Infertility
- 2039 Sexual Dysfunction in Women
- 2172 Tubal Ligation and Tubal Implants
- 2312 Pelvic Inflammatory Disease
- 2426 Precautions During Pregnancy
- 2640 Bacterial Vaginosis
- 2643 Yeast Infections
- 2650 Menopause and Perimenopause
- 2651 Hormone Therapy
- 2670 Missed or Irregular Periods
- 2672 Endometriosis
- 2673 Uterine Fibroids
- 2674 Hysterectomy
- 2675 Dysfunctional Uterine Bleeding
- 2677 Functional Ovarian Cysts
- 2678 Menstrual Cramps
- 2680 Toxic Shock Syndrome
- 2700 How to Make a Healthy Baby
- 2701 Home Pregnancy Test
- 2702 Abortion
- 2704 Danger Signs during Pregnancy

- 2705 Normal Pregnancy
- 2706 Symptoms and Stages of Pregnancy
- 2707 Symptoms and Stages of Labor
- 2708 Diet during Pregnancy
- 2709 Exercise during Pregnancy
- 2710 Rubella and Pregnancy
- 2714 Amniocentesis
- 2717 Miscarriage
- 2719 Stretch Marks
- 2720 Cesarean Section
- 2723 Pelvic Organ Prolapse
- 2724 Premenstrual Syndrome
- 2725 Pregnancy, Symptoms and Stages of
- 2750 Postpartum Depression
- 2751 Breast-feeding
- 2752 Complications after Delivery
- 2754 Labor, Delivery and Postpartum Period
- 2755 Mastitis While Breast-feeding
- 2756 Rh Sensitization during Pregnancy
- 2757 Weaning

The information contained in this program is for general guidelines only. Your doctor will be specific regarding recommendations for your individual circumstances. Trade names of commonly used medications and devices are provided for ease of education but are not intended as particular endorsement. Your doctor may choose to use items not represented here. Recommended treatments may not be covered under your health plan.

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